



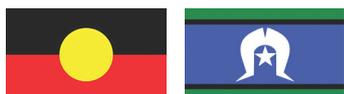
Kyabram Area Data Profile

2026

Kyabram area Data Profile

This document has been prepared to provide a data profile on the health and wellbeing of the Kyabram area. It contains publicly available data that has been collated and summarised to inform local government, health services, advocacy and community groups. Refer to [Campaspe Data Profile](#) for further information at Local Government Area level.

All effort has been made to report data accurately and represent data available at time of publishing. These estimates may differ from those seen elsewhere due to differences in calculation methodologies and/or source data used.



We acknowledge the First Peoples of Australia who are the Traditional Custodians of the land and water where we live, work and play. We celebrate that this is the oldest living and continuous culture in the world. We are proud to be sharing the land that we work on and recognise that sovereignty was never ceded.



We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.



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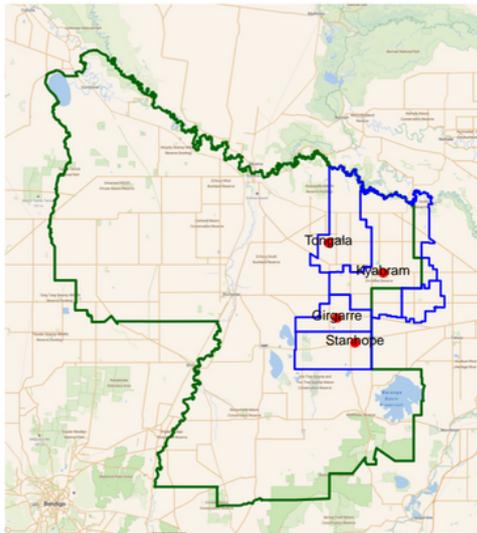
Produced by Bendigo Health, Loddon Mallee Public Health Unit.
January 2026

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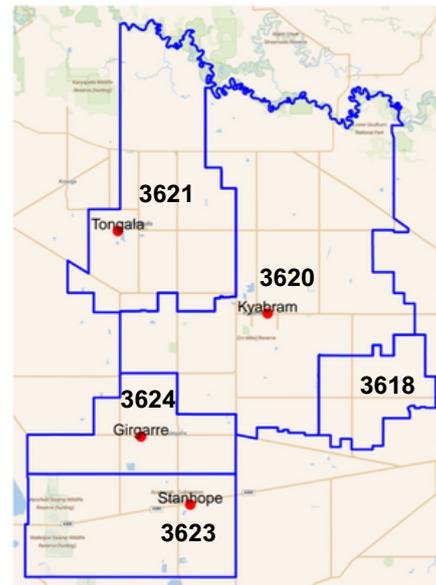
Geographical boundaries and sources

This profile summarises key demographic and population characteristics for the Kyabram area, defined using a postcode-based approach. **Australian Bureau of Statistics (ABS)** postcode regions do not always align with Local Government Area (LGA) boundaries or local community identities and some postcodes span multiple LGAs. The profile should be interpreted as an approximate catchment based on these postcodes rather than a formal administrative boundary.



Campaspe Shire Council 
Kyabram area postcodes 

Postcodes: 3618, 3620, 3621, 3623, 3624



Source: Australian Bureau of Statistics, 2021

Kyabram area

Postcode 3618 - Merrigum

A small rural township located east of Kyabram within the Greater Shepparton Shire.

Population: 679

Postcode 3620 - Kyabram region

Covers Kyabram, Lancaster, Wyuna, Wyuna East and St Germain's. This postcode falls across both Campaspe Shire and Greater Shepparton Shire

Population: 8,340

Postcode 3621 - Tongala region

Includes Tongala, Ky Valley, Ky West, Yambuna and Koyuga South. Located within Campaspe Shire between Kyabram and Echuca.

Population: 2,437

Postcode 3623 - Stanhope region

Includes Stanhope South, Carag Carag. A small rural community located in Campaspe Shire south of Kyabram.

Population: 890

Postcode 3624 - Girgarre

A small township situated in Campaspe Shire, located north of Stanhope and south-west of Kyabram.

Population: 563

Defining the geographical boundaries for assessing the health and social needs of the Kyabram area, located within the Campaspe Shire has been challenging due to limited data availability and small population sizes. However, postcode level data is available from the **Australian Bureau of Statistics**. Other sources include surrounding areas, which vary in definition. As the Campaspe Shire data also includes the Kyabram area data the differences may be more pronounced if data specific to the Kyabram area was not included in the Campaspe comparison.

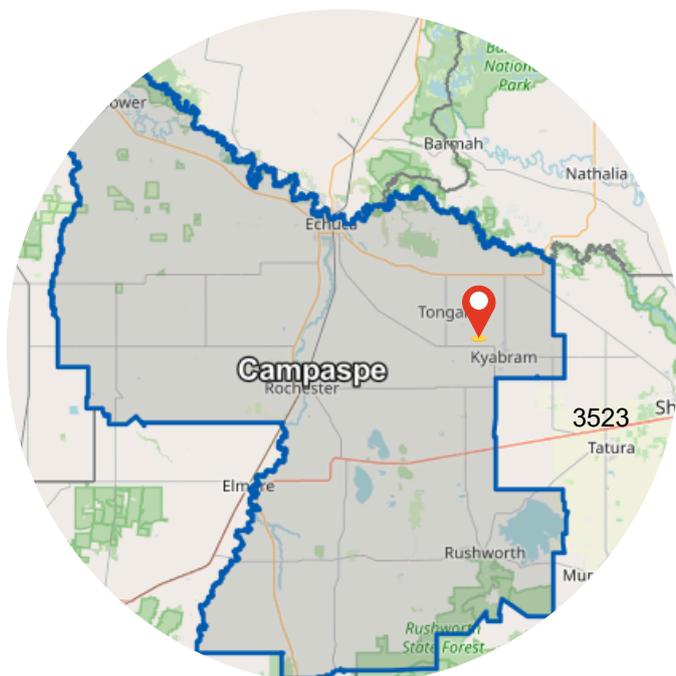
Healthy Heart of Victoria Active living census (ALC)

Healthy Heart of Victoria (HHV) Active Living Census (ALC) 2019 data in this section is drawn from a different geographic catchment to the postcode-based area used elsewhere in the report. The ALC results represent a sub-region of Campaspe Shire, divided into three functional areas:

- Kyabram district
 - Stanhope and district
 - Tongala and district.
- } Kyabram and district

Respondents were allocated to these sub-regions based on their suburb of residence, using district classifications from profile.id for Campaspe Shire. Approximate reference postcodes include 3620 (Kyabram), 3623 (Stanhope), and 3621 (Tongala), although each sub-region incorporates additional surrounding localities according to the ALC district definitions.

A voluntary, widely promoted survey can provide useful insights into the views and experiences of respondents, but because participation is self-selected and not representative of the broader population. Results should be interpreted with caution and cannot be reliably generalised to population-level estimates like those from a probability-based survey such as the Victorian Population Health Survey.



Campaspe Shire Council
 Kyabram

Summary

The Kyabram area is located in north-central Victoria within the Campaspe and Greater Shepparton shires, approximately 200 km north of Melbourne, and forms part of the productive Goulburn Valley irrigation district. The area lies on the traditional lands of the Yorta Yorta people, with strong cultural connections to the Murray–Darling Basin. Predominantly agricultural, the region supports dairy farming, horticulture, cropping and food processing, including one of Australia’s largest dairy processing facilities. The Kyabram area has a diverse rural economy supported by agriculture, health care, education and manufacturing, while facing ongoing environmental and sustainability challenges.



Population

The Kyabram area is located in central Victoria within the Campaspe Shire Council and Greater Shepparton Shire, the five combined postcodes have a population of approximately 12,909 people. The Kyabram area has an older population, with a median age of 45 years and 24.9% aged over 65.



Priority groups

Priority populations include Aboriginal and Torres Strait Islander peoples (2.5% of the Kyabram area population), people with disabilities (7.7% of residents needing core activity assistance), and people experiencing socioeconomic disadvantage. Data on LGBTIQ+ communities is limited, though state/national figures indicate heightened vulnerability in health outcomes.



Health determinants

The Kyabram area faces high levels of socioeconomic disadvantage and educational attainment is low— 39.4% have completed education beyond Year 12. Income levels are lower than the state average, and the area shows elevated rental stress with 37% of renters experiencing rental stress.



Health risk factors

Overweight and obesity prevalence is high (65.5%). Just over half of all adults (53.36%) meet physical activity guidelines. Smoking prevalence is 12.8%, lower than the Victorian rate (14.0%). Inadequate water intake is high, and sugar-sweetened beverage consumption is high, with 18.9% reporting daily consumption.



Health conditions

The Kyabram area has a higher count of long-term health conditions compared to Campaspe Shire. The three most commonly reported conditions are arthritis, mental health issues, and asthma, with these being more frequently self-reported by females.

Kyabram area

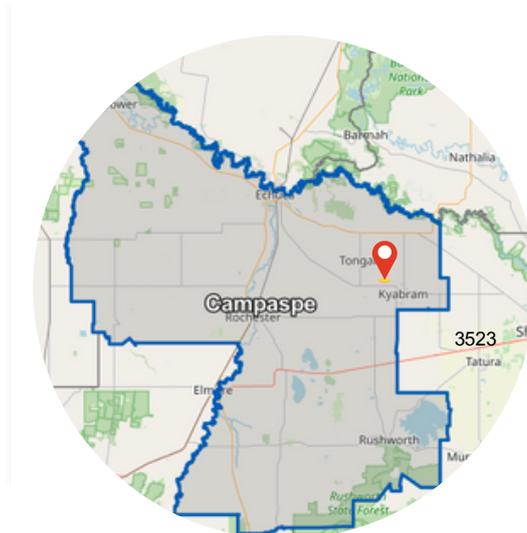
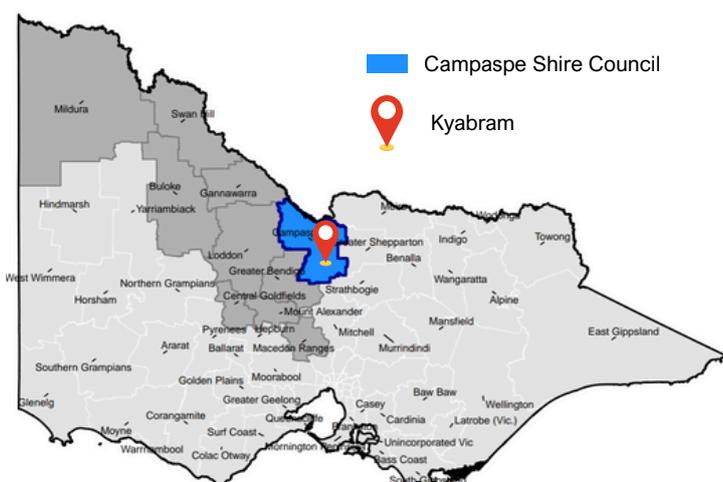
The Kyabram area is located in north-central Victoria, approximately 200 km north of Melbourne, 38 km south-east of Echuca, and 37 km west of Shepparton. It sits within the Campaspe Shire and Greater Shepparton Shire and forms part of the Goulburn Valley irrigation district, an area known for its productive agricultural landscape.

The region is situated on the traditional lands of the Yorta Yorta people, whose deep connection to the rivers, wetlands, and plains of the Murray-Darling Basin spans tens of thousands of years. The Yorta Yorta Nation Aboriginal Corporation plays a key role in preserving cultural heritage and advocating for the rights and recognition of Yorta Yorta people across the region.^[1]

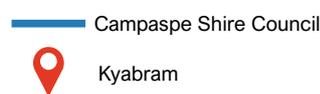
Land use in the Kyabram area is predominantly agricultural, with significant activity in dairy farming, fruit orchards, cropping, and food processing. The town is also home to one of Australia's largest dairy processing facilities, making it a central hub in Victoria's food production network. Alongside agriculture, the area supports residential development, community services, and industry, contributing to a diversified rural economy.^[2]

The Kyabram area has a population of approximately 12,909 people, with a median age of 45 years. The region supports a mix of families, retirees, and seasonal workers, reflecting its agricultural roots and evolving demographic profile. Local employment is primarily driven by the agriculture, health care, education and manufacturing sectors.^[3]

The economic benefits of intensive agriculture and food processing have brought prosperity to the region, though not without environmental and social challenges. Issues such as water allocation, salinity, and land degradation remain concerns, particularly as the climate continues to shift. At the same time, population pressures and changing land use patterns are prompting local discussions about sustainable development, infrastructure upgrades and long-term resilience for both people and the environment.



- [1. Yorta Yorta Nation Aboriginal Corporation](#)
- [2. Socio-economic impacts of land use change, Cooperative Research Centre for Forestry.](#)
- [3. Australian Bureau of Statistics](#)



1. Kyabram area population

1.1 Population profile

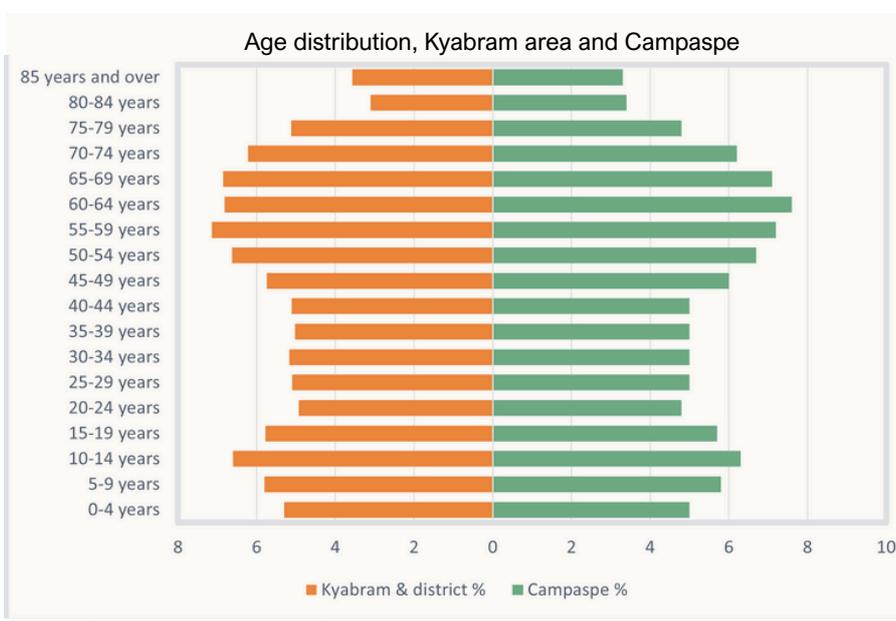
The age distribution of a population is important to understand the current and future demand on services, economic impact and community infrastructure and public health planning.



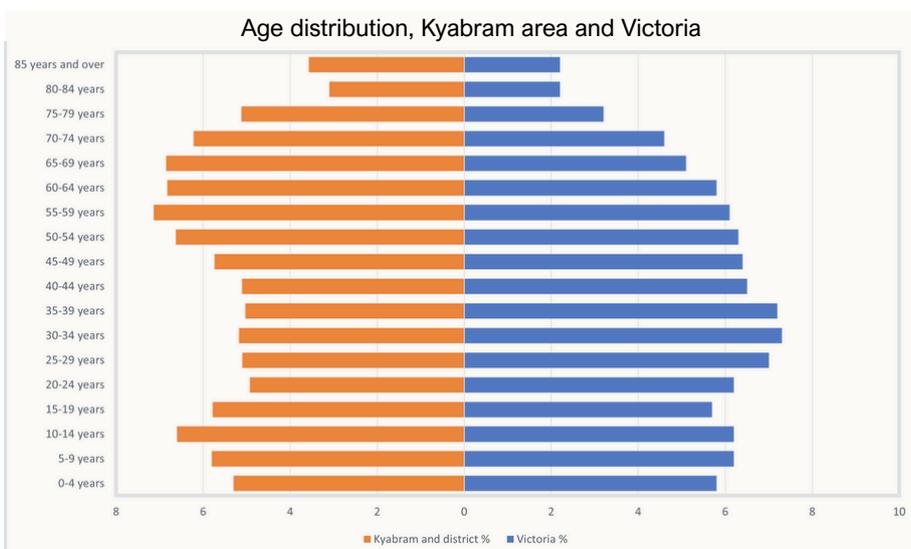
12,909 people reside in the Kyabram area (postcodes: 3618, 3620, 3621, 3623, 3624).

Location	Mean Age (2021)
Victoria	38 years
Campaspe (LGA)	47 years
Kyabram area postcodes	45 years

Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021

1.2 Population Growth Forecast

Town and postcode boundaries used in profile.id differ from ABS statistical area definitions, so the following information provides an indicative overview of population and dwelling forecasts for the Kyabram area based on the best available data.

Kyabram township is expected to grow from approximately 7,416 residents in 2021 to about 8,536 (15% increase) by 2046. The population is older than the Victorian, with a median age of 45 years compared with 38 years state-wide. Projections indicate this ageing trend will continue, with the proportion of older residents increasing relative to children and younger adults. Kyabram East and West are forecast to experience the most substantial residential growth, with dwellings expected to rise by 606 in Kyabram East (39.2% increase) and 305 in Kyabram West (15.9% increase) between 2021 and 2046.

Tongala and district population is forecast to increase from 3,764 in 2021 to approximately 3,898 (3.6% increase) by 2046. Dwelling numbers are projected to grow from 1,560 to 1,749 (12% increase) over the same period.

Stanhope and district is projected to experience a decline in population, decreasing from 2,449 in 2021 to around 2,282 by 2046, a reduction of about 167 residents (6.8% decrease). Despite this decline, dwelling numbers are forecast to slightly increase from 1,124 to 1,150 (2.3% increase).

Across all three communities, these forecasts highlight evolving patterns in population, economic activity and land use, providing context to support future planning for public health, housing and community infrastructure.

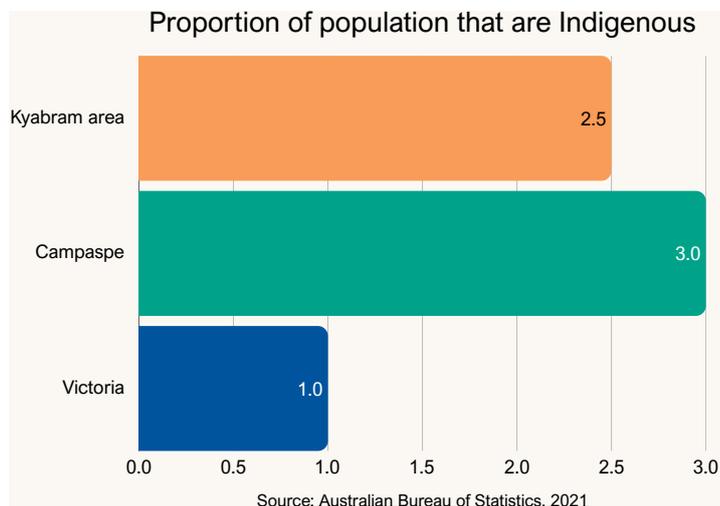
Source: ID profile - Campaspe

2. Priority Groups

2.1 Indigenous status



Yorta Yorta people are the traditional owners of the land where the Kyabram area is settled.



The Kyabram area proportion of Aboriginal and Torres Strait Islander peoples is 2.5% (n= 325) contributing to Campaspe Shire's 3% of Aboriginal and Torres Strait Islander peoples. There are opportunities to learn from their spiritual and cultural connection to Country. However, we also know Aboriginal and Torres Strait Islander peoples disproportionately experience systemic disadvantage compared to the whole of population.

2.2 Multicultural communities

In the Kyabram area, 89% of households speak English only, with 2.4% speaking a non-English language at home. Of the people who uses other languages and speak English 'not well or not at all', languages used are Chinese (20), Italian (18), Serbian, Tagalog and Turkish and other.

Top 5 languages in Kyabram area	%	Number
Italian	0.9	127
Filipino	0.6	83
Tagalog	0.2	33
Punjabi	0.2	30
Mandarin	0.1	20

Source: Australian Bureau of Statistics, 2021



Location	Uses other languages and speaks English not well/not at all, 2021
Kyabram area	0.41% (n=53)
Campaspe	0.5%
Victoria	4.4 %

Source: Australian Bureau of Statistics, 2021

2.3 LGBTIQ+

Unfortunately, there is a lack of local data on LGBTIQ+ (lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people) population including population size and health and wellbeing data. There is data at a state and national level that can be used as an indicator. The Victorian Population Health Survey 2017 estimates 5.7 per cent of Victorian adults identify as LGBTIQ+ , however some rural areas have attracted significant higher proportion of LGBTIQ+ people to their communities.

State and national data indicate poorer mental and physical health for LGBTIQ+ community members with significantly higher rates of drug use, alcohol, smoking, chronic disease, homelessness, and disability along with higher rates of anxiety and depression, psychological stress and low satisfaction with life.

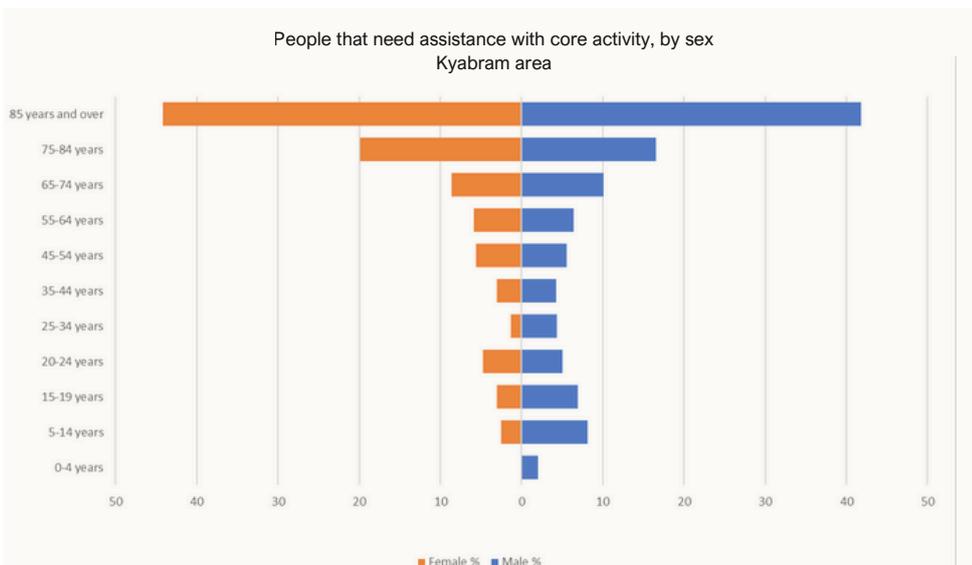
Sources and for more information: [Pride in our future: Victoria's LGBTIQ+ strategy 2022–32 | vic.gov.au \(www.vic.gov.au\)](#); [The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population in Victoria - Findings from the Victorian Population Health Survey 2017 | Victorian Agency for Health Information \(vahi.vic.gov.au\)](#).

2.4 People with disability

People with a profound or severe core activity limitation are those needing assistance in their day-to-day lives in one or more of the three core activity areas of self-care, mobility and communication because of:

- a long-term health condition (lasting six months or more)
- a disability (lasting six months or more)
- old age.

In the Kyabram area there are 35 males and 24 females, (total of 56) that require assistance with core activity.



Source: Australian Bureau of Statistics, 2021

3. Determinants of health

3.1 Areas of disadvantage

The Index of Relative Socio-economic Disadvantage (IRSD) is a general socio-economic index that summarises a range of information about the economic and social conditions of people and households within an area.

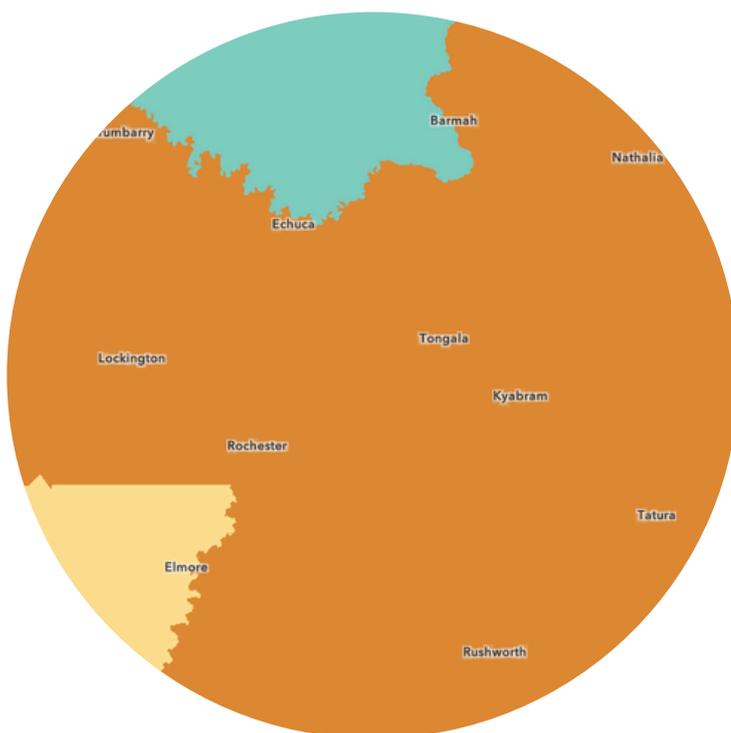
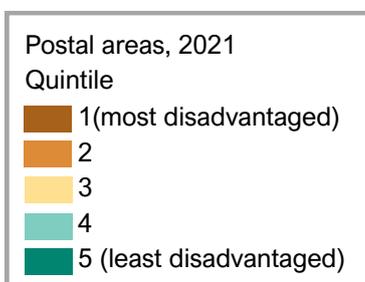
A low score indicates relatively greater disadvantage. For example, an area could have a low score if there are: many households with low income, or many people without qualifications, and many people in low skilled occupations. A high score indicates a relative lack of disadvantage. For example, an area may have a high score if there are: few households with low incomes, few people without qualifications, few people in low skilled occupations.

Kyabram area postcodes show greater relative disadvantage on the 2021 IRSD compared with Campaspe Shire 964.9 and Victoria 1,018. All five postcodes sit below the Campaspe LGA average, the least disadvantaged is postcode 3620 (960), and the most disadvantaged is 3618 (886).

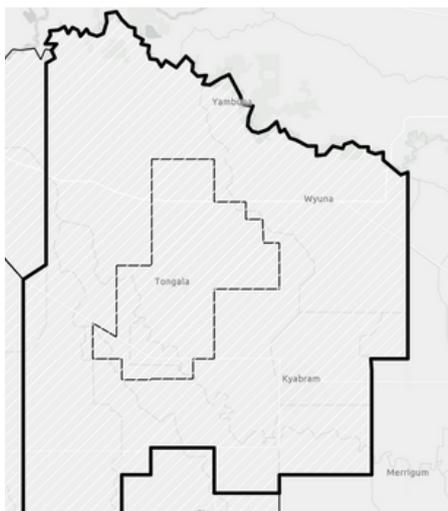
LGA, 2021	IRSD Score ^
Victoria	1,018
Campaspe Shire	964.9
3618 Postcode	886
3620 postcode	960
3621 Postcode	954
3623 Postcode	928
3624 Postcode	932

Source: *Socio-Economic Index for Areas, ABS, 2021*

^ The lower the score the greater disadvantage



3.2 Childhood development

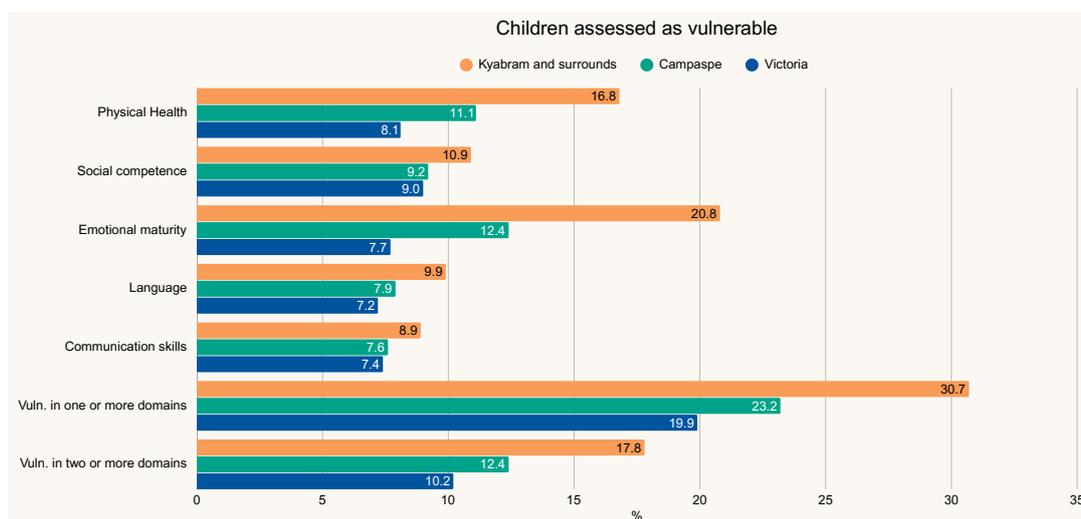


Kyabram and surrounds
(suburbs/localities)

Source: AEDC

The Australian Early Development Census (AEDC) is a nationwide census of early childhood development that shows how young children have developed as they start their first year of full-time school. There are five domains, which are physical, social, emotional, language and communication. The AEDC data presented in this section is based on a different catchment area to the postcode-defined region used throughout the rest of the report. The AEDC-defined 'Kyabram and surrounds' does not include Merrigum or Girgarre. The accompanying map outlines the specific localities included in this AEDC-defined area.

A total of 106 children were assessed in Kyabram and surrounds. According to the AEDC, Kyabram and surrounds show a higher proportion of children vulnerable in all the domains compared to Victoria and Campaspe Shire.



Source: Australian Early Development Census

Physical health and wellbeing:

Children's physical readiness for the school day, physical independence and gross and fine motor skills.

Social competence:

Children's overall social competence, responsibility and respect, approach to learning and readiness to explore new things

Emotional maturity:

Children's pro-social and helping behaviours and absence of anxious and fearful behaviour, aggressive behaviour and hyperactivity and inattention.

Language and cognitive skills:

Children's basic literacy, advanced literacy, basic numeracy and interest in literacy, numeracy and memory.

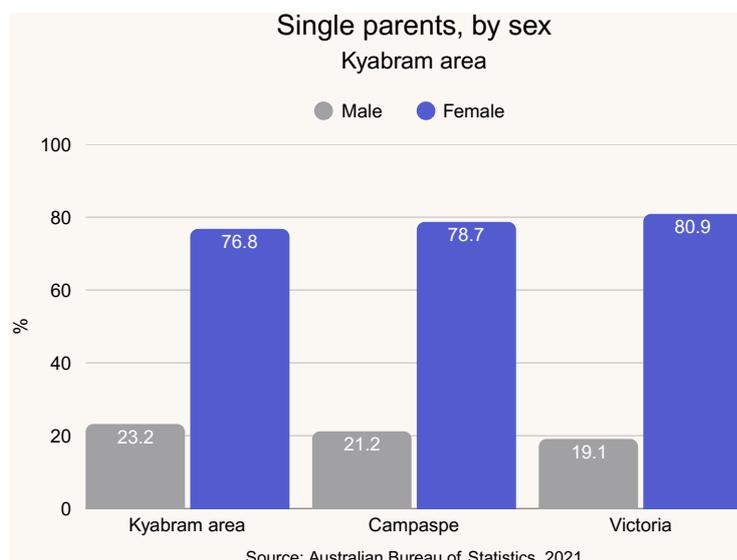
Communication skills and general knowledge:

Children's communication skills and general knowledge based on broad developmental competencies and skills.

3.3 Single parents

Single-parent families can thrive, but they may face higher risks of economic hardship, time constraints, and limited social support, which can affect both parent and child wellbeing. Single parents, who are most often women, are at increased risk of burnout, housing insecurity, and mental health issues due to the combined pressures of caregiving and earning.

In 2021, there were 577 (16.6% of all families) single parent families recorded in the Kyabram area.



3.4 Level of highest educational attainment

Education is an important determinant of health and is strongly associated with life expectancy, morbidity, health behaviours. The Kyabram area has lower levels of educational attainment compared to Campaspe Shire and Victoria. This may reflect physical and financial access to higher education.



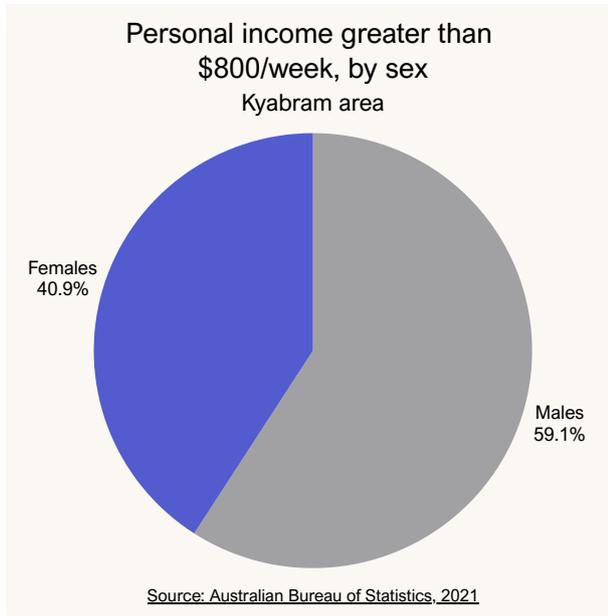
In the Kyabram area, 39.4% people had higher education (above year 12), (Campaspe, 40.9%)

Level of highest education attainment	Kyabram area (%)	Campaspe Shire (%)	Victoria (%)
Bachelor degree level and above	10.1	11.8	29.2
Advanced Diploma and diploma level	8.2	7.9	9.8
Certificate level III & IV	21.1	21.1	14.3
Year 12	11.4	11	14.9
Year 11	8.9	8.9	5.7
Year 10	13.1	12.7	7.3
Year 9 or below	14.1	13.3	7.9

Source: Australian Bureau of Statistics, 2021, people aged 15 years and over

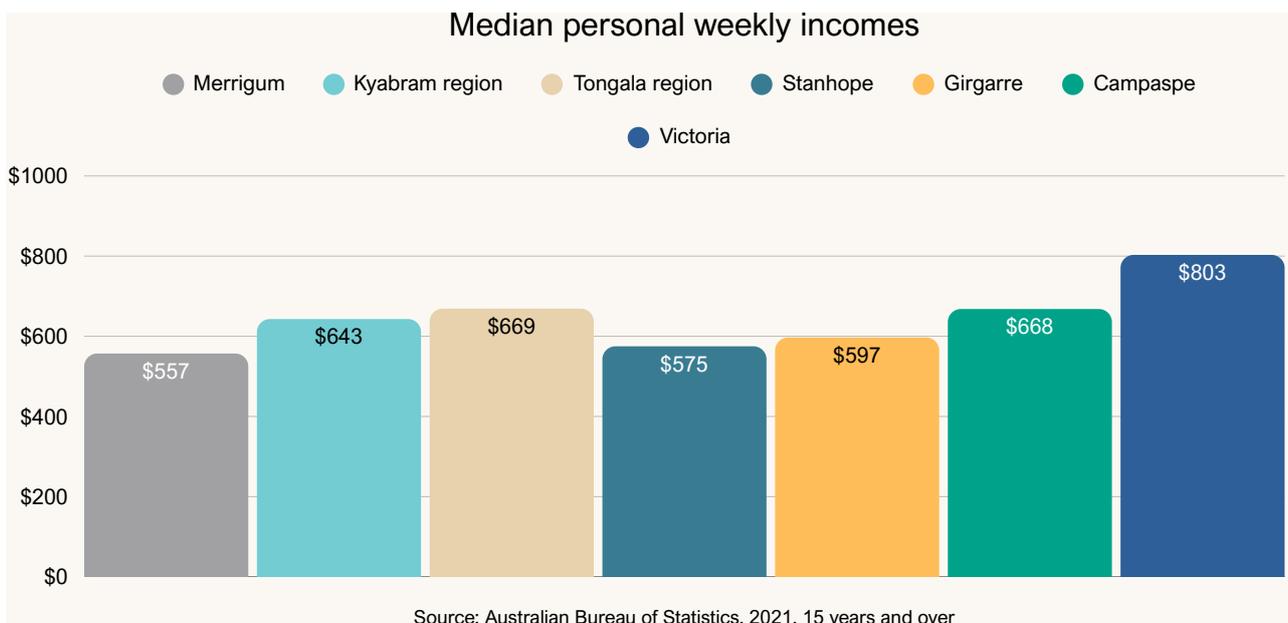
3.5 Household income

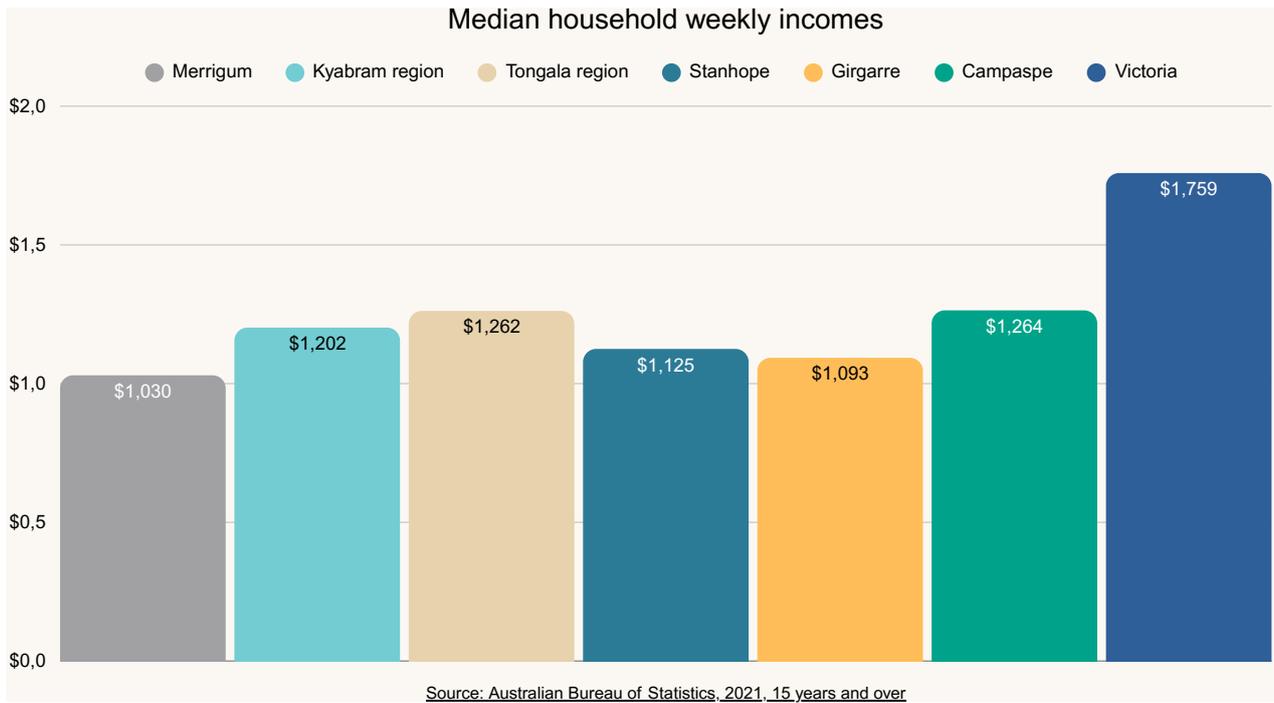
Of the people in the Kyabram area that reported a personal wage over \$800/week*, 59.1% were males. This is a higher pay gap compared to Victoria, where 56.5% of people reporting a personal wage over \$800/week, were male.



* \$800/week is based on the median total personal income for Victoria

The median weekly income excludes people aged 15 years and over who did not state their income. The Kyabram area median wage is lower than Campaspe Shire and Victoria for personal and household income.



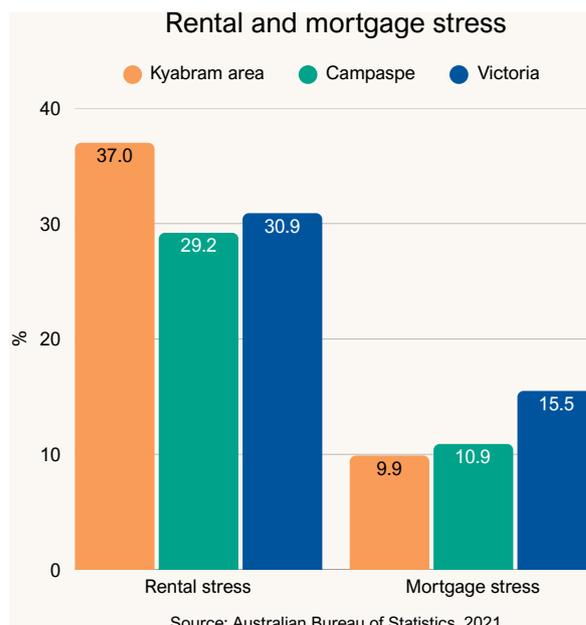


3.6 Housing

The average number of people per household in the Kyabram area is 2.4 people, the same as Campaspe Shire (2.4 people) and slightly lower than Victoria (2.5 people). There are 470 (9.3%) private dwellings unoccupied in the Kyabram area.

Rental and mortgage stress is determined when rental/mortgage payments are greater than 30% of household income.

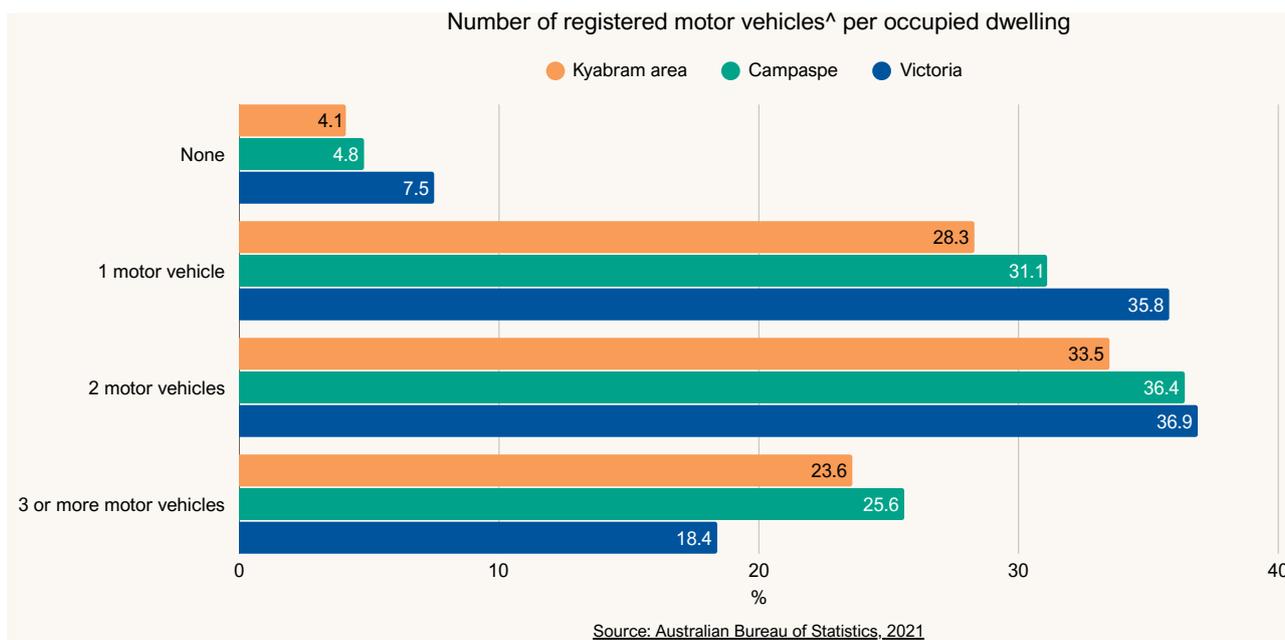
The Kyabram area, Campaspe Shire and Victoria have higher rental stress compared to mortgage stress, with the Kyabram area having higher rental stress than Campaspe Shire and Victoria.



3.7 Motor vehicles

Rural areas have less access to public transport and must travel longer distances to reach essential services compared to their metropolitan counterparts. In regions like the Kyabram area, access to a motor vehicle is essential for obtaining fresh, healthy food, accessing healthcare and maintaining social connections.

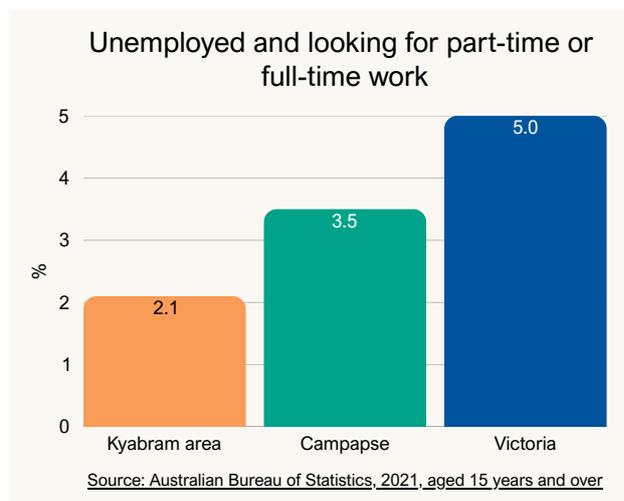
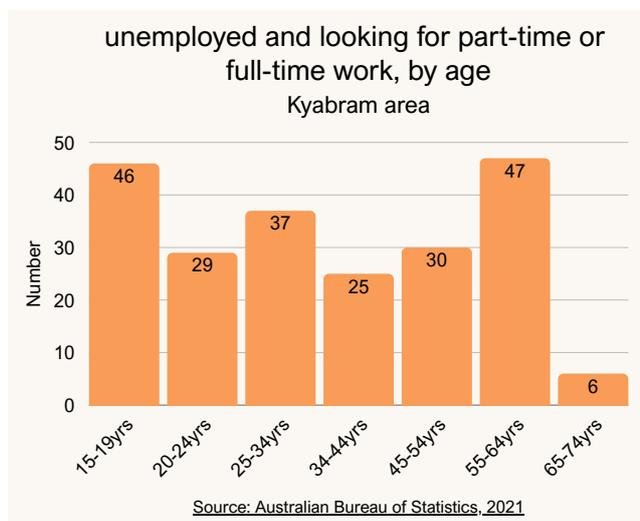
In 2021, there were 228 homes (4.1%) without a registered motor vehicle.



^Motor vehicles excludes motorbikes, motor scooters and heavy motor vehicles.

3.8 Unemployment

Unemployment in the Kyabram area (2.1%) is lower compared to Campaspe (3.5%) and Victoria (5%). The highest age group experiencing unemployment in the Kyabram area is 55-64 years.



3.9 Occupation

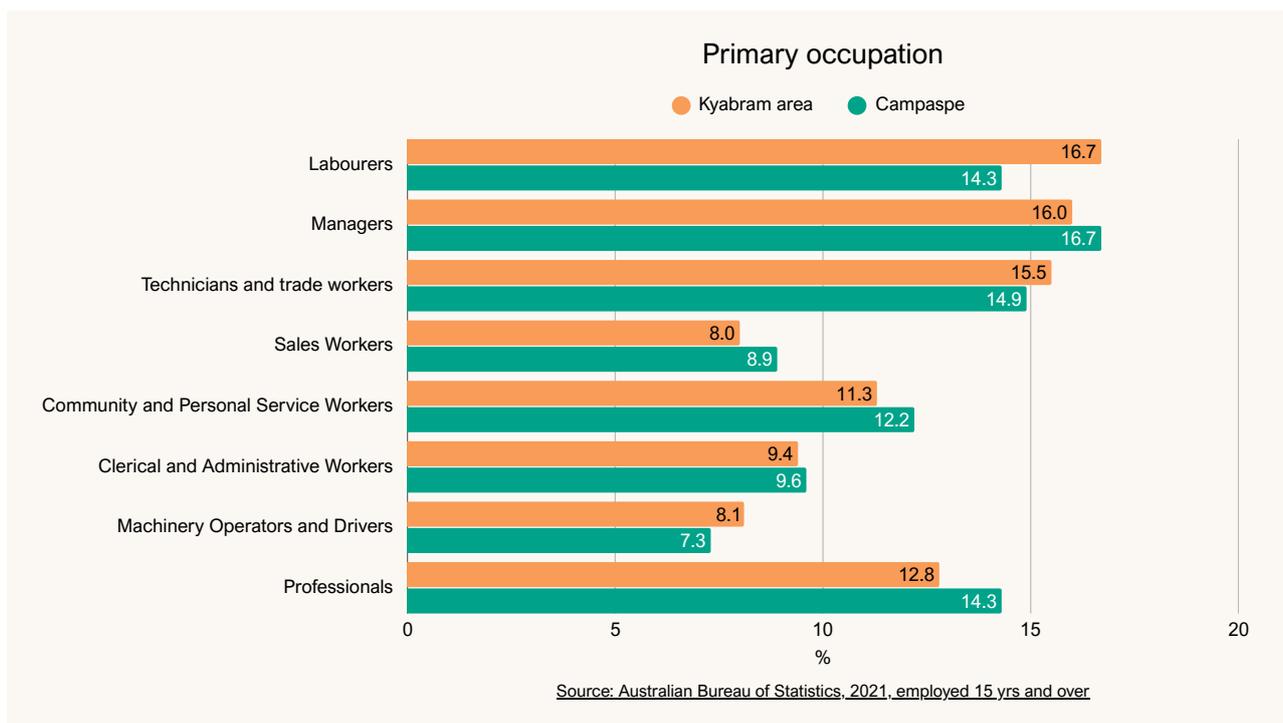
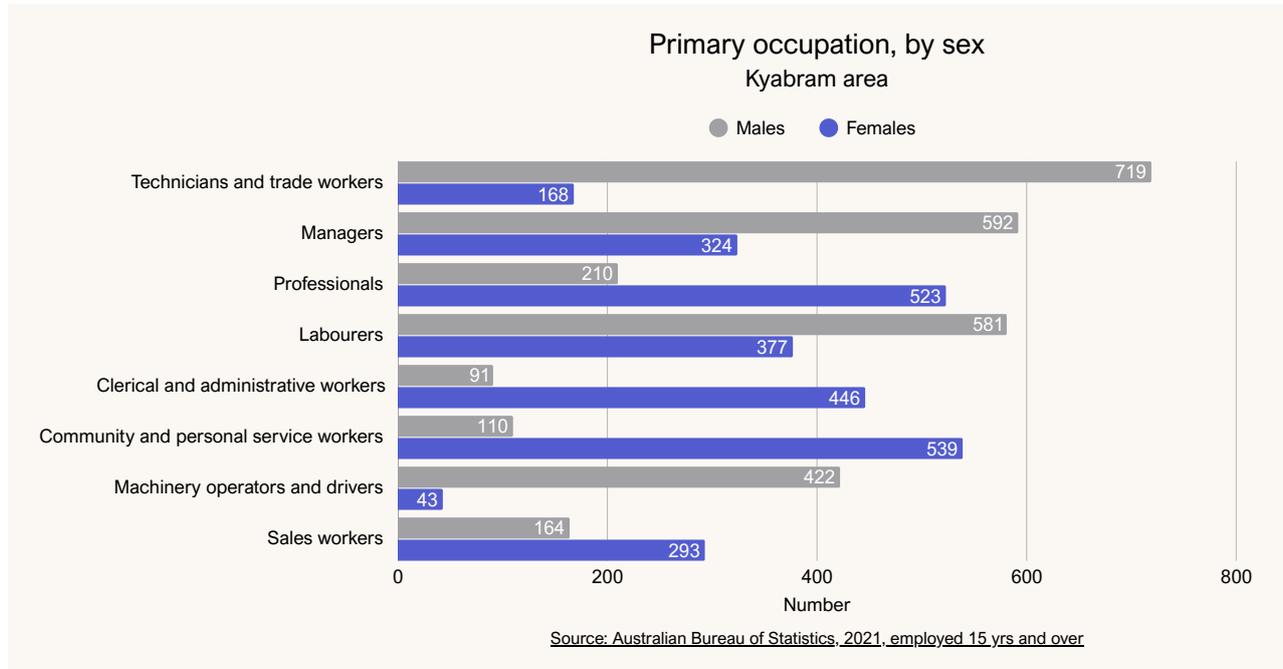
The top three industries of employment in the Kyabram area are Dairy cattle farming, hospitals and aged care residential services, which is the same as the top three industries of employment in Campaspe.

Industry of Employment - Top responses by postcode						
Industry	Merrigum (%)	Kyabram region (%)	Tongala region (%)	Stanhope (%)	Girgarre (%)	Total (%)
Dairy Cattle Farming	6.9	6.5	11.4	10.4	20.4	9.1
Hospitals (except Psychiatric)	2.8	5.1	2.7	6.7	4	4.6
Aged care residential services	-	3.7	5.7	3.0	-	4
Supermarket & grocery Store	-	2.8	3.5	-	-	2.7
Other Social Assistance Services	3.4	2.6	-	-	-	2.6
Meat Processing	-	-	3.0	-	-	0.6
Road Freight Transport	5.2	-	-	3.5	-	1.2
Cheese & other Dairy Product Manufacturing	-	-	-	6.5	-	0.5
Beef Cattle Farming (specialised)	3.4	-	-	-	3.1	0.5
Other hardware goods wholesaling	-	-	-	-	2.7	0.1
Other machinery & Equipment, Repair & Maintenance	-	-	-	-	2.7	0.1

Source: Australian Bureau of Statistics, 2021

The data examining the primary occupations of employed individuals aged 15 years and over in the Kyabram area reveals a clear pattern of traditional gender roles.

These entrenched roles suggest a division of labor along gender lines, where men and women are concentrated in occupations typically associated with their gender. Such rigid gender norms contribute significantly to the perpetuation of gender inequity, limiting opportunities for individuals and reinforcing power imbalances.

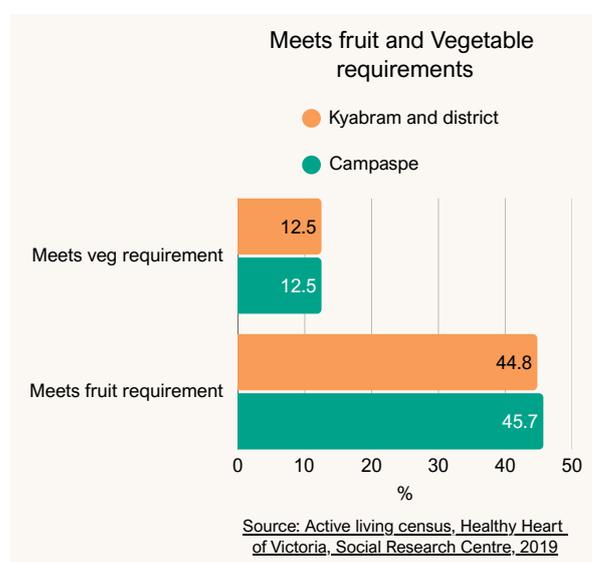
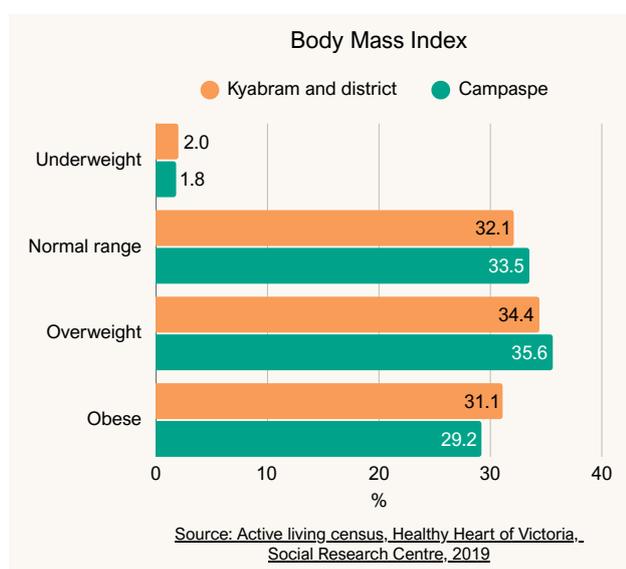


4. Health risk factors

4.1 Healthy eating

Poor diet and lack of exercise contribute to being overweight and obese, which are leading contributors to chronic disease and premature death in Victoria.^[1]

In the ALC survey, Kyabram and district sub-regions have 65.5% people reporting they are overweight or obese, which is comparable to Campaspe Shire (64.8%). Only 13.5% of people in Kyabram and Districts met the vegetable requirements determined by the National Health and Medical Research Council.^[2] The barrier of cost for not meeting the fruit requirement was significantly higher than the other sub-regions in Campaspe Shire.



	Barriers to meeting vegetable guidelines in Kyabram and district (%)	Barriers to meeting fruit guidelines in Kyabram and district (%)
Personal preference/habit	21.7	47
Time poor	29	13.1
Diet / health restriction	16	11.8
Guidelines	12.5	4
Cost	12.3	15
Quality / availability	3.1	3.7

Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

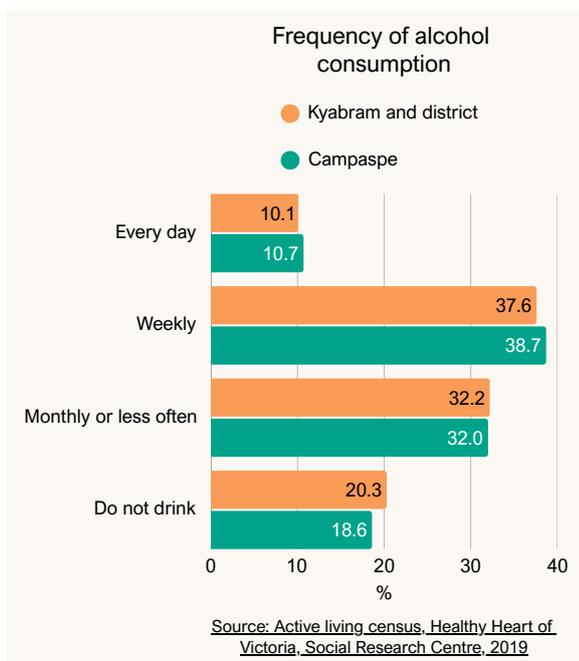
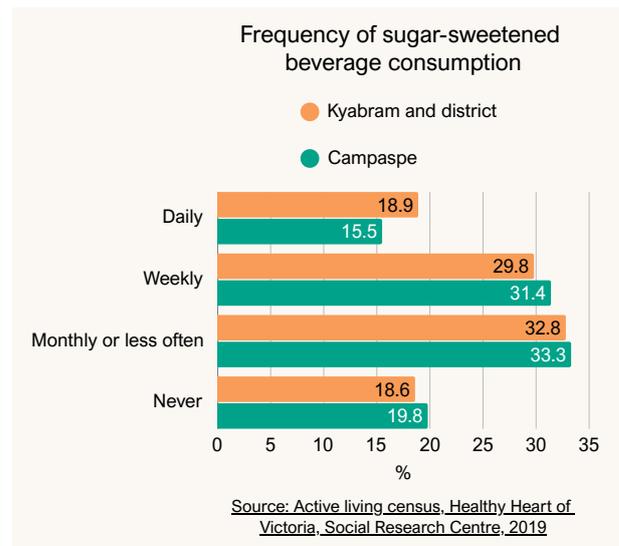
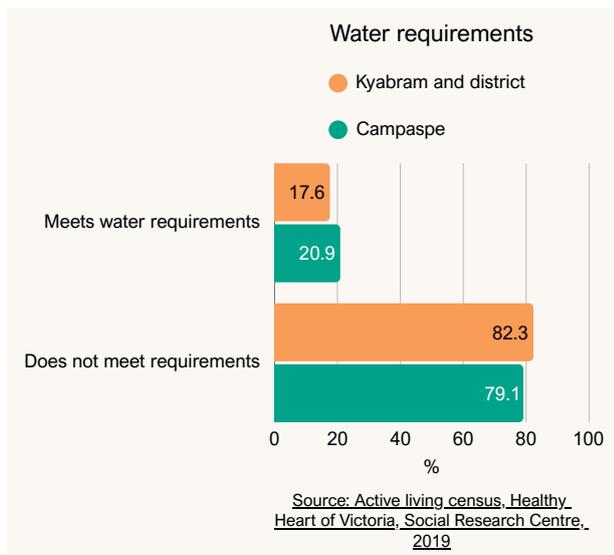
[1] Victorian Population Health and Wellbeing Plan 2023-27

[2] Australian Dietary Guidelines, National Health and Medical Research Council, 2013

4.2 Healthy drinking

According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council, the recommended daily intake of water varies depending upon a range of individual factors such as diet and physical activity. The data below assumes that water consumption requirements have been met if individuals drink at least two litres (8 cups) of water daily.

In the ALC survey, a higher proportion of people in the Kyabram and district sub-regions (82.3%) did not meet recommended water consumption levels, compared with 79.1% across Campaspe Shire. The Kyabram and district sub-region had a higher proportion of people who consumed sugar-sweetened beverages (soft drinks, cordials, sports or energy drinks) daily (18.9%) compared with Campaspe Shire (15.5%).



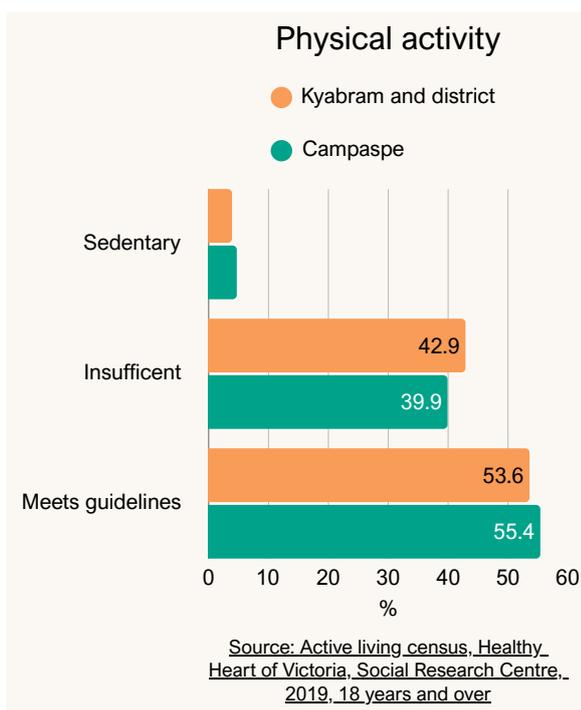
While the impacts of drug use on health and wellbeing can vary, related harms can impact physical health through increased risk of chronic disease, exposure to infectious diseases, and mental health and wellbeing impacts.

In the ALC survey, the Kyabram and district sub-region had a comparable proportion of participants who consumed alcohol daily (10.1%) to that of Campaspe Shire (10.7%). However, a higher proportion of people in the Kyabram and district sub-region reported not drinking alcohol (20.3%) compared with Campaspe Shire (18.6%).

People are considered at risk from the acute effects of excessive alcohol consumption if they report consuming more than four standard drinks on a single occasion in the past 12 months. The Kyabram and district sub-region had a slightly lower proportion of people consuming four or more drinks on one occasion (59.2%) compared with Campaspe Shire (61%).

[1] National Health and Medical Research Council (NHMRC).

4.3 Physical activity



People are described as having met the guidelines if they have engaged in moderate or vigorous intensity activity for sufficient time. This consists of:

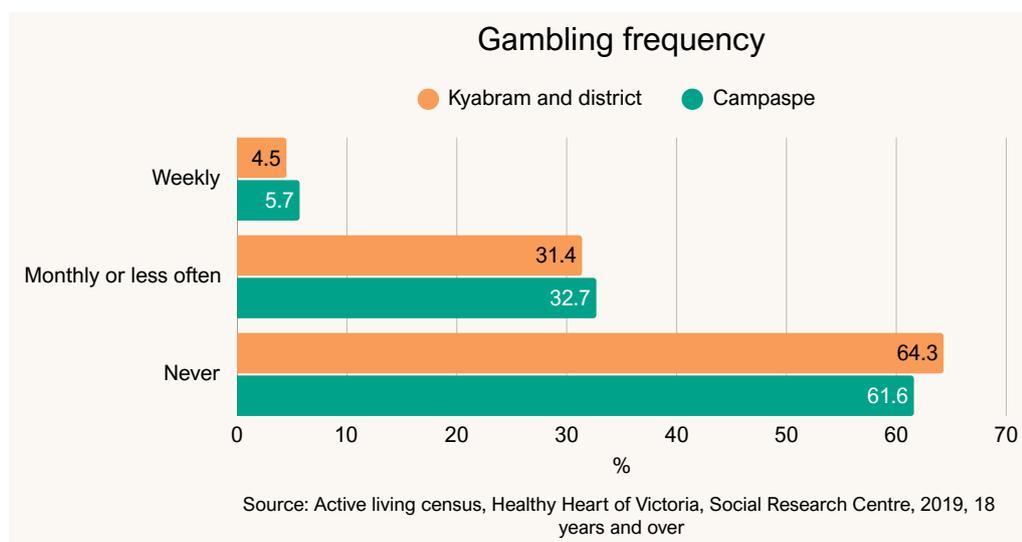
- 150 to 300 minutes of moderate-intensity activity ('vigorous household chores, gardening or heavy work around the yard, that made you breathe harder or puff and pant')
- 75 to 150 minutes of vigorous activity ('vigorous physical activity, e.g. tennis, jogging, cycling or keep fit exercises, that made you breathe harder or puff and pant) or
- an equivalent combination of both as well as engaging in muscle strengthening activities at least two days per week.

In the ALC survey, the Kyabram and district sub-regions (n=691) reported 53.6% meeting the physical activity guidelines, slightly lower than Campaspe Shire (55.4%).

4.4 Gambling

The 2014 Victorian Prevalence Study by the Victorian Responsible Gambling Foundation found that 70.1% of Victorian adults gamble, most of whom (82.2%) show no signs of harm from their gambling.

In the ALC survey, the proportion of adults gambling in the Kyabram and district sub-regions is lower than the reported Victorian proportion and comparable to Campaspe Shire.



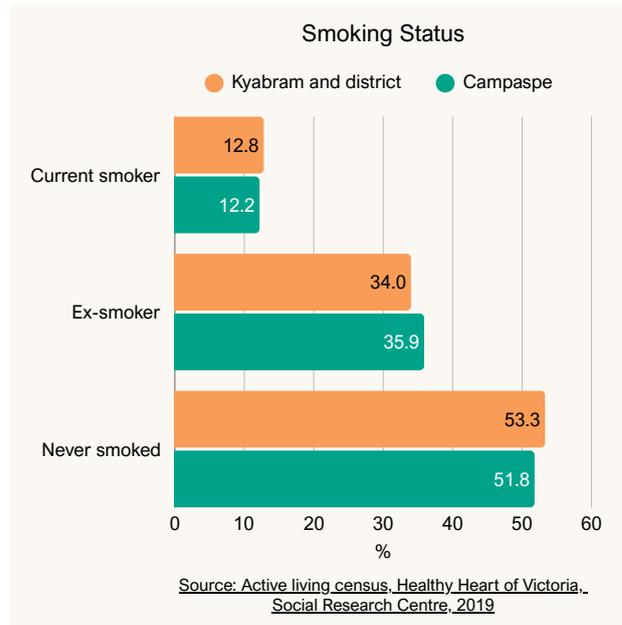
[1] [Australia's physical activity and sedentary behaviour \(Department of Health, 2021\)](#).

[2] [Victorian Responsible Gambling Foundation](#)

4.5 Smoking

Smoking increases the risk of chronic diseases such as heart disease, diabetes, kidney disease, eye disease, stroke, dementia, certain cancers (for example, oral cancer), gum disease and respiratory diseases such as asthma, emphysema and bronchitis.

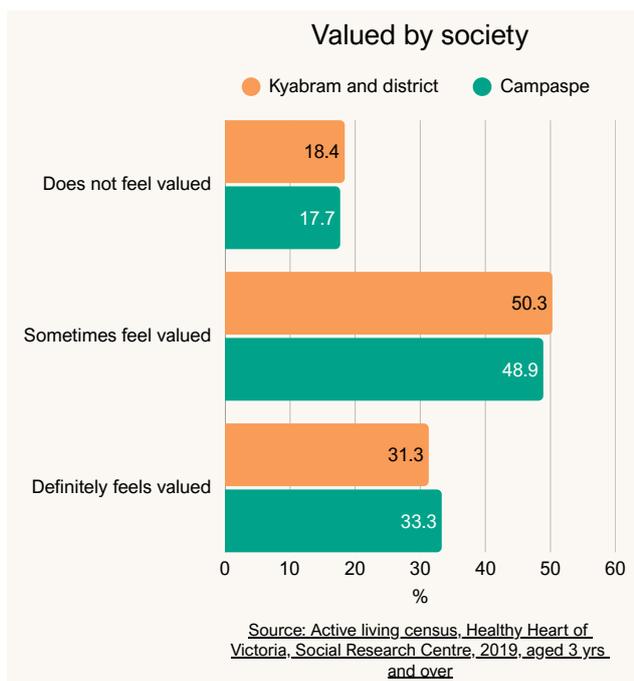
In the ALC survey, the proportion of people in the Kyabram and district sub-regions who reported they are current smokers is 12.8% and comparable to Campaspe Shire (12.2%).



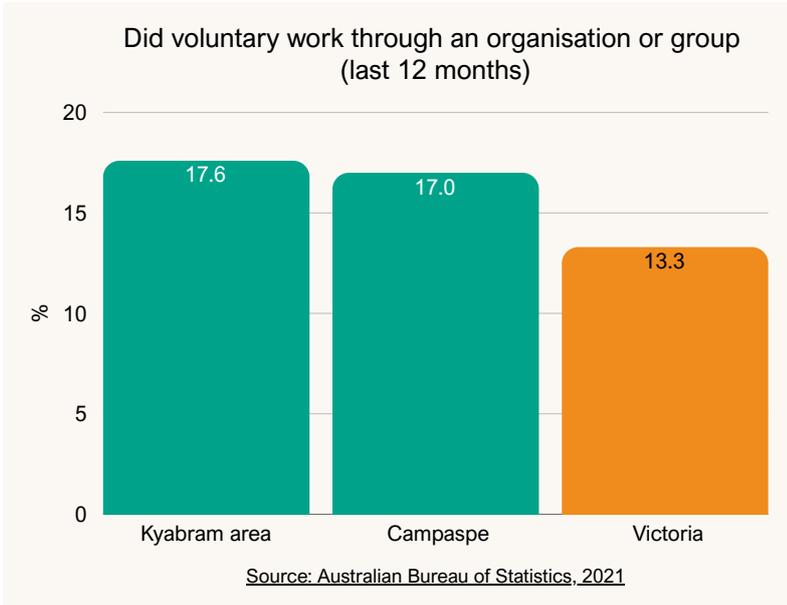
4.6 Mental wellbeing

By prioritising good mental health and wellbeing, we reduce stigma, increase social connection, improve physical health, promote productivity and create safer environments. Our mental health and our physical health are linked.

Life satisfaction was measured by asking ALC survey respondents how satisfied they feel about life in general, on a scale from 0-4 (low satisfaction) to 9-10 (very satisfied). In the Kyabram and district sub-regions 75.1% of respondents reported high to very high life satisfaction, comparable to Campaspe overall 76.1% levels of wellbeing. In the Kyabram and district sub-regions, 31.3% of people said they definitely feel valued, compared with 33.3% across Campaspe Shire.



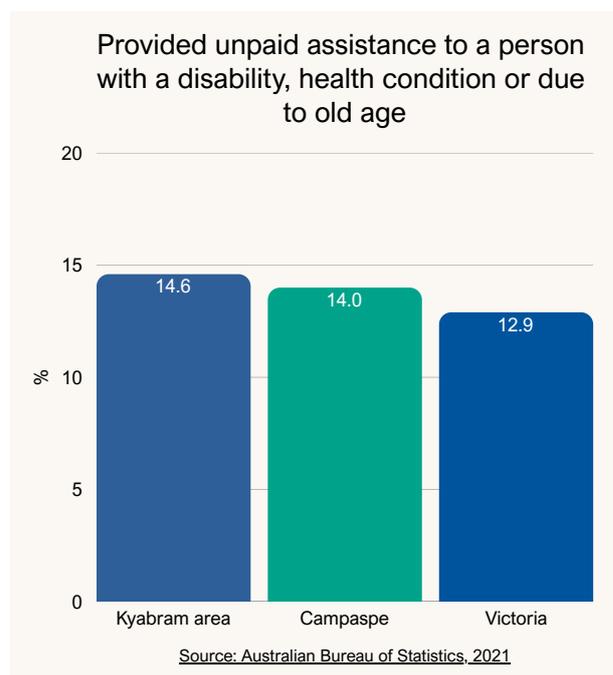
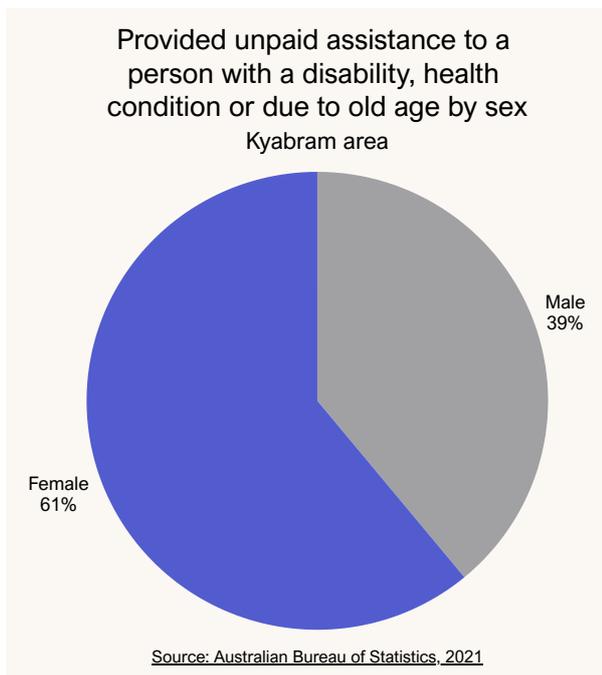
Voluntary work can help to support mental health and wellbeing by strengthening social connection and a sense of being valued. In the Kyabram area, 17.4% of people were involved in voluntary work in the last 12 months, higher than both Campaspe Shire and Victoria.



4.7 Carers

Carers of people with disability, chronic disease, or older individuals play a vital role in maintaining the health, independence, and quality of life of those they support. Their unpaid work reduces pressure on health and aged care systems, while providing emotional and physical care. However, the demands of caregiving can place carers at significant risk of physical and mental health issues, social isolation and financial strain.

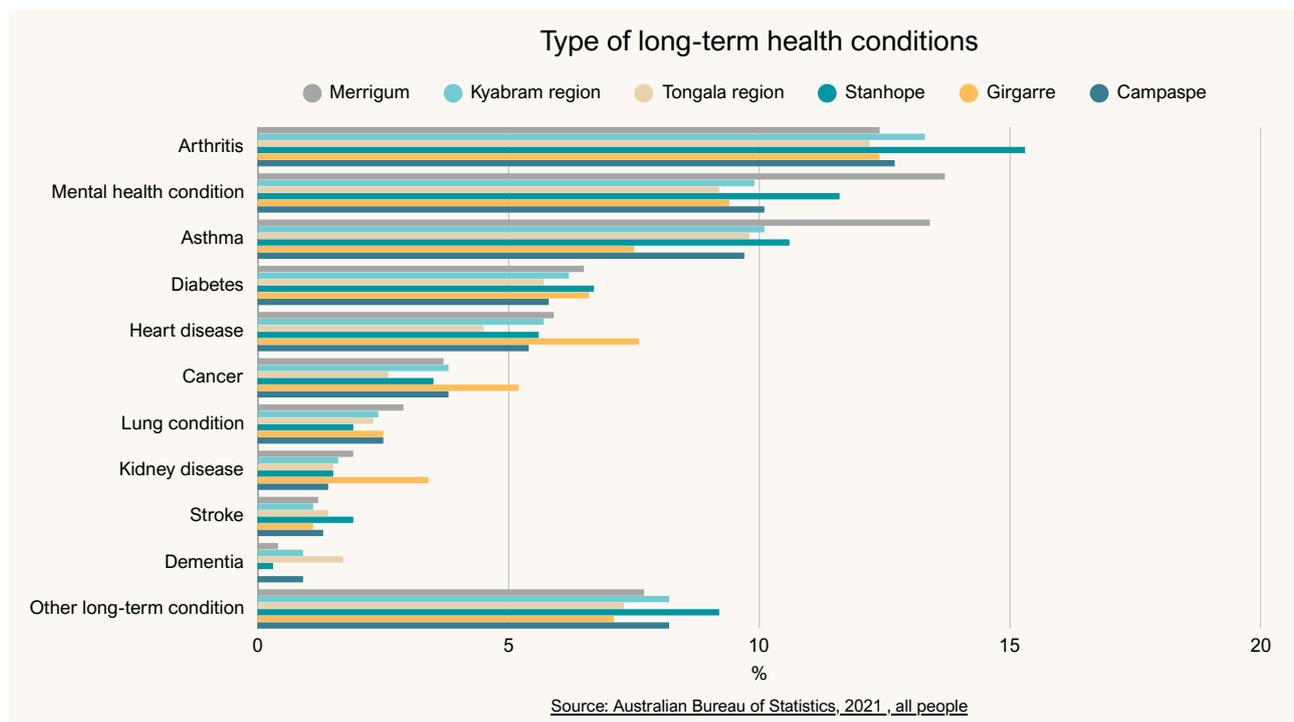
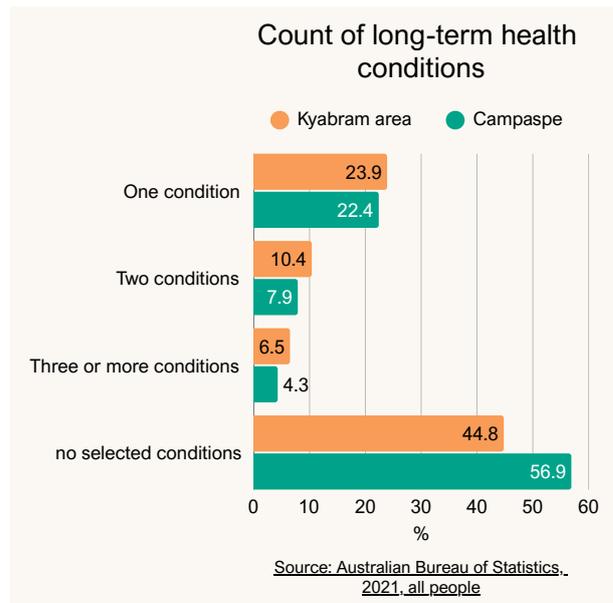
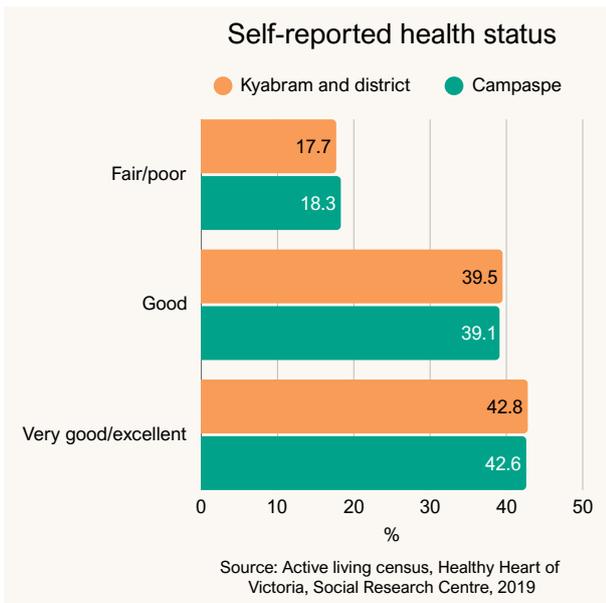
The Kyabram area had 1,548 (14.6%) people providing an unpaid carer role to someone with a disability, health condition or elderly. Of the unpaid carers, 61% were female.



5. Health conditions

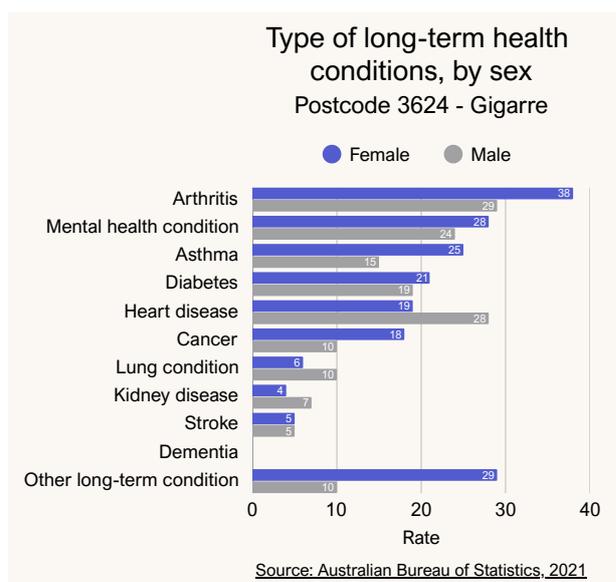
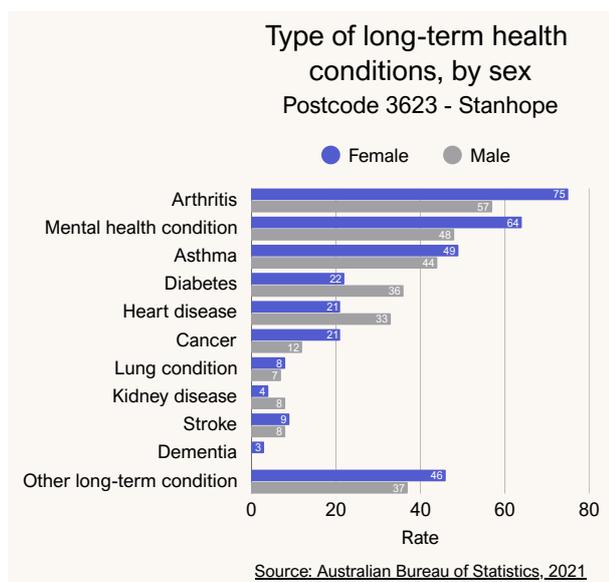
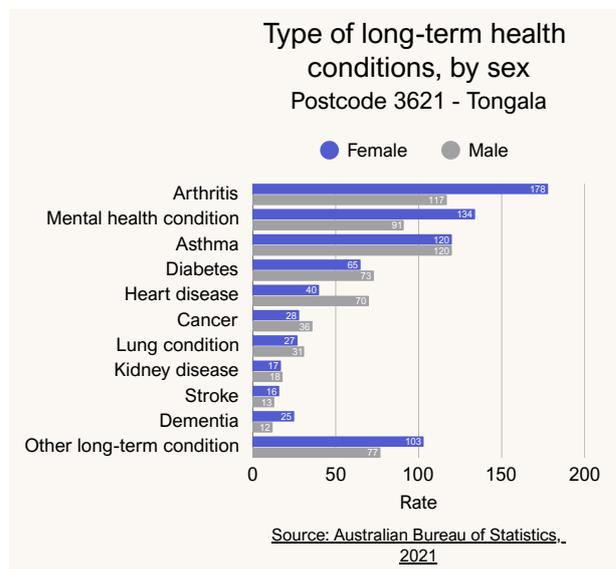
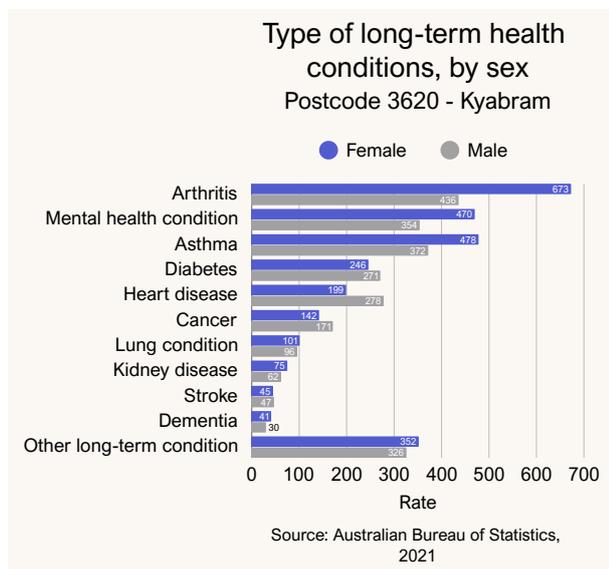
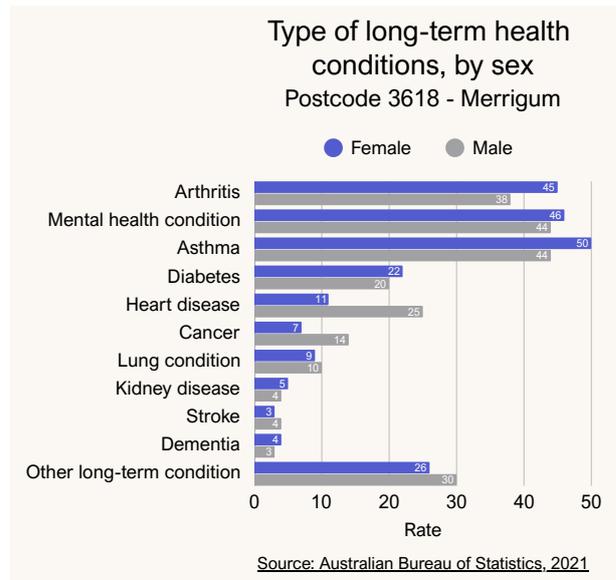
5.1 Long term health conditions

The Kyabram area had comparable proportion of people reporting fair/poor health to Campaspe Shire. The Kyabram area has a higher count of long-term health conditions compared to Campaspe Shire. In the census data, people were asked “have you (or dependants) been told by a doctor or nurse that they have any of these long-term health conditions?” The top three long-term health conditions reported in the Kyabram area are arthritis, mental health conditions and asthma. Diabetes was reported higher in all the Kyabram area postcodes, except postcode 3621.



In the Kyabram area Diabetes and heart disease were more commonly reported among male respondents, consistent with broader cardiometabolic health patterns.

Female respondents reported higher rates of arthritis and mental health conditions across all postcodes, reflecting well-established gender trends in chronic disease burden.



6. References and Abbreviations

LMPHU <https://www.bendigohealth.org.au/LMPHU/>

ABS Quick Stats <https://abs.gov.au/census/find-census-data/quickstats/2021/POA3523>

AECD <https://www.aedc.gov.au/data-explorer/>

Abbreviation table	
ABS	Australian Bureau of Statistics
ALC	Active Living Census
AEDC	The Australian Early Development Census
Campaspe	Campaspe Shire
IRSD	Index of Relative Socio-economic Disadvantage
LGA	Local government area
LGBTIQA+	Lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people



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